

Cultivating and Conserving Wellness in the CoViD-19 Era

Peer Support and Connection:

- [Psychiatry Network Facebook Group](#): Online closed physician group for psychiatrists and psychiatry residents
- [Psychiatry in the Era of CoViD-19](#): Online closed physician sub-group for members of Psychiatry Network, for discussions about CoViD-19 and psychiatry
- [Psychiatry for All Physicians](#): Online closed physician group for all specialties interested in learning about psychiatry
- [Netflix Watch Party](#): watch a movie in sync with your remote friends, need Netflix app and Chrome browser, as well as Netflix subscription for anyone watching

Helpful Apps:

- [Headspace](#) app: paid version currently free to end of year (need NPI #)
- [PFA Mobile](#) (VA) and [PFA Tutorial](#) (U. of Minnesota) are two apps about administering psychological first aid
- [UCLA Mindfulness App](#): free app

Exercise:

- [Peloton](#): use of app extended to 90 days (usually 14 days)—it's amazing, you can use on treadmill, outdoor runs, bike, lots of floor exercise, yoga and meditation
- [Pure Barre on Demand](#): 60-day free trial (usually 30 days), click on 30-day trial, use promo code EXTENDEDTRIAL and trial will go to 60 days and \$0
- [Free Barre Fitness Classes](#): links to YouTube videos
- [Daily Burn](#): 30-day free streaming trial

Support for Children:

- [NPR segment](#) for kids/families to learn about CoViD-19
- [Nationwide Children's articles](#) and [podcast](#): How to talk to children about CoViD-19
- [Center for the Study of Traumatic Stress](#): Helping homebound children
- [National Child Traumatic Stress Network](#): Parent/caregiver helping families cope
- [The Autism Educator](#): Education about Coronavirus for children with autism
- [Netflix](#): *Brainchild*, *The Who Was? Show*, *Julie's Greenroom* (about the arts), *StoryBots*, *The Magic School Bus*
- [Disney Plus](#) for children: *Brain Games*, *National Geographic*
- [PBS](#) for children: *Wild Kratts*, *Xavier Riddle*, *Reading Rainbow*, *Between the Lions*, *Peg + Cat*
- [Amazon Prime](#) for slightly older children: *Horrible Histories*

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- [Kids Activities Blog](#): Long list of educational companies offering free subscriptions
- [The Science Mom](#): Daily 2-hour educational videos about science
- [Listing of Educational Math Websites](#): 60 websites
- [Virtual Field Trips](#): Over 30 trips for children
- [Audible](#): Audio stories for children
- [Libby App](#): Access thousands of e-books and audible books from the public library
- [Rosetta Stone](#): 3 months free access to learn a language
- [Cleveland Inner City Ballet](#): Free virtual ballet lessons
- [Playbill](#): Watch 15 Broadway plays and musicals online
- [Museum Tours](#): List of free virtual museum tours (also check your local museums)
- [Kennedy Center](#): Learn to draw with Mo Willems, artist
- [Cincinnati Zoo](#): Daily videos with featured animals
- [Cosmic Kids Yoga](#): Free yoga and mindfulness videos (and on [YouTube](#)), [app](#) free for 2 weeks
- [Go Noodle](#): Movement and mindfulness videos
- [CLI Studios](#): Learn dance routines by watching videos

Anxiety, Coping, Wellness:

- [Brene Brown](#): Unlocking Us podcast
- [NPR Tiny Desk Concerts](#): To calm your mind
- [Discounted Online Therapy](#): for first responders/healthcare workers, first three sessions \$50
- [Ten Percent Happier](#): Go to [this link](#), open account, use gift code HEALTHCARE to download app and get 6 months free (meditations and practical teachings). Also includes free [Coronavirus Sanity Guide](#)
- [Free Guided Meditations](#): By a physician, created for the Coronavirus crisis
- [Coronavirus Anxiety](#): Toolkit developed to manage Coronavirus anxiety including free meditations
- [Staying Healthy](#): Tips summarized by a physician
- [Center for Mind-Body Medicine](#): Webinars showing mind-body skills groups, first one 3/27
- [SAMHSA Training and Resources](#): Including material on compassion fatigue, telepsychiatry, managing anxiety, dealing with opioid replacement issues

Patient Resources:

- [Center for the Study of Traumatic Stress](#): Comprehensive list of patient resources
- [UCLA Center for Autism Research and Treatment](#): Comprehensive list of resources for addressing CoViD-19 issues for patients with autism
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#): 24/7 helpline for assisting patients in finding referrals to treatment

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Trainee Education:

- [Virtual Resources for Psychiatry Education](#): From the University of Minnesota
- [COVID19 Harm Reduction Guidelines for Substance Use](#): From the Yale Program in Addiction Medicine
- [Mental Health and Psychosocial Aspects of CoViD-19 Outbreak](#): Can use to help you address your patients
- [ADMSEP E-Modules](#) (Association of Directors of Medical Student Education in Psychiatry): Clinical discussions and cases, for medical students but helpful nonetheless, particularly for subspecialties (e.g. child psychiatry or geriatric psychiatry)
- [Psychiatry Network Webinar on Telepsychiatry](#): Discussion about the most commonly asked questions when starting telepsychiatry; must “purchase” but cost is free

Medical Organizations for Coping with Anxiety and Stress:

- [Illinois State Medical Society Resources](#)
- [WHO Guide for Psychological First Aid](#)
- [MGH Psychiatry Guide](#)
- [Anxiety and Depression Association of America](#)
- [APA Resources](#)
- [CDC Information/resources](#)

Miscellaneous:

- [Unemployment Benefits](#): Information for patients who are hourly workers
- Inexpensive [Desk](#) and [Chair](#): Purchase online and have delivered to use for working at home (note shipping is \$49, but overall price still fairly inexpensive)
- Another [Desk](#) and [Chair](#) Option: Purchase online and deliver or pick-up from store
- [Psychiatry of Pandemics: A Mental Health Response to Infection Outbreak](#): Prescient book written in 2019